

Bleeding Gums & Treatment

We often observe blood after we bite on to an apple or even while we are brushing. It is a common problem and is called gingivitis. Gingivitis can occur in any age and in both genders. The gums appear swollen, red, and sore. The mouth may have a foul odor. Bleeding from gums is seen due to inflammation in the gum which could be due to a small underlying infection. The infection could arise due to

1. Poor oral hygiene due to improper brushing or ignorance towards oral hygiene practices People who do not use proper brushing techniques and are ignorant toward good oral hygiene practices are more disposed to bleeding gums or gingivitis.
2. Crooked or malposition teeth.
Irregularly placed teeth provides spaces for food lodgment and bacteria to breed, thus creating infection and causing bleeding in due time.
3. Trauma to the gums.
Trauma to the gums can occur due to improper brushing techniques, using a hard bristle brush, traumatic occlusion.
4. Vitamin c deficiency
<http://primushospital.com> Vitamin c deficiency can leading to bleeding gums that are swollen and painful, and bleed on slightest pressure.
5. Vitamin k deficiency.
Vitamin K is an important factor in blood clotting. Vit K deficiency can lead to bleeding anywhere in the body.
6. Hormonal changes in the body.
A women undergoes various hormonal changes when she reaches puberty, pregnancy or post-menopausal. Theses hormonal changes can cause bleeding in the gums.
7. Bleeding disorders.
Bleeding gums should never be ignored as it could be the manifestation of some bleeding disorder.
8. Medication.
Regular use of medicines like aspirin, clopidogrel, anti epileptic drugs, cancer chemotherapy may cause gums to bleed.
9. Liver diseases.
Any condition that causes disturbances liver condition can cause bleeding gums.
10. Cancer Certain cancer may cause gums to bleed.
11. Stress.
12. Tobacco use.
13. HIV
14. Radiation therapy. etc.

Treatment:

It is advised to follow proper brushing techniques.

Drink lots of water.

Use a soft bristled brush.

Brush twice daily.

Maintain good oral hygiene.

Orthodontic treatment for irregularly placed teeth or traumatic occlusion.

Have sufficient fruits and vegetable. Have sufficient amount of vitamin C and Vitamin K.

One should go for dental scaling procedure once in six months.

Be vigilant as bleeding gums can be an indication of some other problem.